

# GENERAL INFORMATION

## EQUIPMENT CHECK-OUT

Sports equipment may be checked-out with a recreation card or a valid I.D. card. Recreation cards may be purchased for a quarter (accompanied by a signed parental consent form).

## REGISTRATION

Register for classes two weeks prior to start date. Fees payable by check, money order or exact cash at time of registration. \$35.00 service charge on all returned checks. All classes are subject to change or cancellation. No refunds or registration after first class. Low income fee waivers available, check in office for details. Non-City of San Diego residents will be required to pay additional fee per class. Classes are subject to minimum enrollment.



## VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, contact the Volunteer Office at (619) 685-1324 or visit [www.sandiego.gov/park-and-recreation/general-info/volunteers.html](http://www.sandiego.gov/park-and-recreation/general-info/volunteers.html)

## DONATIONS

By donating to our park system, you can help the Park and Recreation Department to enrich the lives of others through quality parks and programs. Your gift will help ensure that we meet the needs of the community, including people of all ages, abilities and income levels through recreation, natural open space parks and neighborhood parks, and aquatics programs. For more information on how you can become a donor to your favorite park, pool or recreation program, please call (619) 533-6434.

## RECYCLE

Help us raise money for children's activities by recycling your newspapers, aluminum cans, glass, cardboard and plastic soda bottles. Bring you recyclables to the bin located in our parking lot.



RESOURCE  
CENTER  
CREATION

## FACILITY

The Allied Gardens Recreation Center has a gymnasium, one meeting room, one game room, a craft room, a fully equipped kitchen, a lighted ball field, a lighted outdoor basketball court, and a multi-purpose field. If you wish to utilize our facility for a special event or as a regular meeting place for your group, please contact staff for more details.

## SPECIAL INTEREST CLUBS

- TOPS CA 133
- S.D. Mini Crafters
- S.D. Mustang
- Senior Bridge
- Lithuanians
- Notables
- Convair Women's Club
- Pinochle
- S.D. Studebakers
- S.D. Dachshund
- Irish Setter
- Assoc. Senior Artist
- S.D. Seaside Scrollers
- Grantville Allied Gardens Kiwanis
- Operating Engineer Local #12
- Society for Creative Anachronism



## COMMUNITY ORGANIZATIONS

- |                                     |  |
|-------------------------------------|--|
| All Breed Dog Obedience             | (619) 287-2211   |
| Allied Gardens Little League        | (619) 287-1605   |
| Allied Gardens Women's Soccer       | (619) 460-6392   |
| Allied Gardens Men's/Co-ed Softball | (619) 229-0741   |
| Alvarado Youth Football & Cheer     | (619) 501-5678   |
| Crusaders Soccer                    | <a href="http://www.sandiegocrusaders.com">www.sandiegocrusaders.com</a> |
| Lake Murray Tennis Club             | (619) 469-3232   |
| Navajo Softball                     | (619) 908-6405   |
| San Carlos Little League            | (619) 583-5461   |
| Navajo Community Service Center     | (619) 668-2700   |
| Allied Gardens Pool                 | (619) 235-1143   |
| Lake Murray                         | (619) 668-2050   |
| Lake Murray 4th of July Music Fest  | (619) 462-1405   |

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT (CONTACT DISTRICT MANAGER (619) 685-1307) OR THE OFFICE OF EQUAL OPPORTUNITY, U. S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

# Allied Gardens Recreation Center

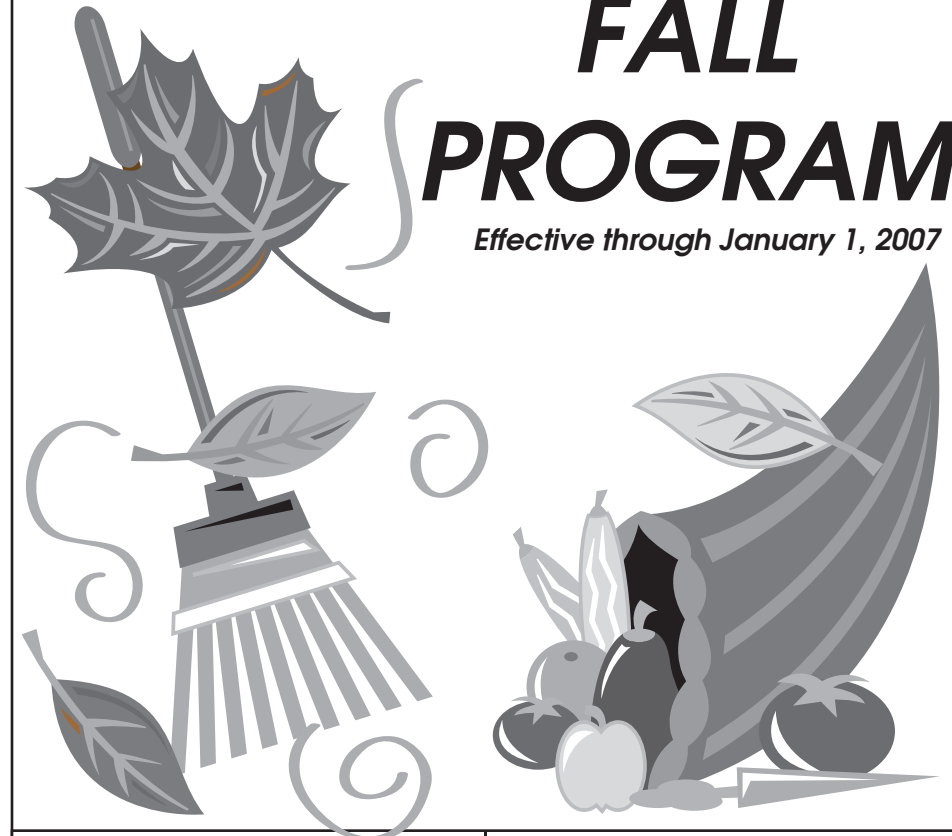
5155 Greenbrier Avenue • San Diego, CA 92120  
(619) 235-1129 • [www.sandiego.gov](http://www.sandiego.gov)



The City of San Diego Park and Recreation Department  
"We Enrich Lives Through Quality Parks and Programs"

# FALL PROGRAM

Effective through January 1, 2007



## HOURS OF OPERATION

Monday-Thursday	2:00 pm - 9:00 pm
Friday	2:00 pm - 6:00 pm
Saturday	9:00 am - 5:00 pm
Sunday	CLOSED
November 11, 2006	CLOSED
November 23, 2006	CLOSED
December 25, 2006	CLOSED
January 1, 2007	CLOSED

## HALLOWEEN CARNIVAL

Day: Wednesday, October 25, 2006  
Time: 5:00 pm - 8:00 pm  
Come join us for a fun night at Allied Gardens Recreation Center. Activities will include a costume contest, carnival games, food, prizes



Programs & fees are subject to change without prior notice.

## YOUTH ACTIVITIES

### CIVIC DANCE ARTS JAZZ & TAP

Day: Saturday  
 Fee: \$35.00/Semester  
 Register: September 23, 2006 (with instructor)

#### Jazz

Ages: 6 - 16 years Time: 11:00 am

#### Tap Dance

Ages: 6 years & up Time: 10:15 am

#### Pre Tap Dance

Ages: 4 - 5 years Time: 9:30 am

#### Intermediate Tap Dance

By teacher promotion only. Time: 11:45 am

#### Advanced Tap Dance

By teacher promotion only. Time: 12:30 pm

### Drop-In After School Program

Ages: Youth Grades 5-8  
 Days: Monday - Friday  
 Time: 2:00 pm - 5:00 pm  
 Join us for homework assistance sports, crafts, cooking and more. Completion of registration card is required.

## GYMNASTICS

Day: Friday Monthly registration  
 Fee: T.B.A.

### Preschool Gym

Ages: 3 - 5 years Time: 3:00 pm - 3:45 pm  
 Activities include rythm, movement, motor skills development and gymnastics incorporated into a positive learning experience. Our classes are packed with circuit training on kids size apparatus.

### Kinder/Intermediate Age Gym

Ages: 5 - 7 years Time: 3:50 pm - 4:35 pm  
 Skills building equipment is used to reach gymnastics through progressions. Activities include locomotor warm-up circuit training, rhythm, strength, motor skills and flexibility.

### Parent Tot Classes

Please see staff for details.



## Ceramics Class

Ages: 8 - 15 years  
 Days: Wednesday  
 Time: 4:00 pm - 5:00 pm/8 weeks  
 Starts September 21, 2006

## YOUTH SPORTS

### Karate

Ages: 5 - 17 years  
 Fee: T.B.A.  
 Day: Thursday  
 Time: 6:00 pm - 7:00 pm.



### Peewee Sports

Basic rules of intersquad scrimmage. Fun games. Wear tennis shoes/socks. Monthly registration.  
 Ages: 4 - 5 years  
 Fee: \$25.00/month  
 Day: Wednesday  
 Time: 4:00 pm - 5:00 pm  
 Register monthly.



### Tennis

Introduction to basic tennis. Bring racket & balls.  
 Ages: 6 -15 years  
 Fee: \$30.00/month  
 Day: Friday  
 Time: 4:00 pm - 5:00 pm  
 Minimum: 15 students



### Youth Basketball League

Fee: \$50.00/Birth Certificate required!  
 Registration starts October 2, 2006  
 Registration is limited to 54 children in each division. Age Divisions: 6 & under, 8 & under, 10 & under, 12 & under, 14 & under and 17 & under  
 Girls's Basketball League: 10 - 12 years



### Girls Volleyball

8 -10 years/12 & under/14 & under/16 & under  
 Fee: \$45.00  
 Register August 1 - September 13, 2006  
 Starts: September 25, 2006 Space is Limited!



### Boys Flag Football

Ages: 8 -10 years, 12 & under, 14 & under  
 Fee: \$40.00/Birth Certificate required!  
 Register August 1 - September 23, 2006



### VOLUNTEER COACHES NEEDED!!!

If you are interested, please contact staff in the recreation center office.

## ADULT ACTIVITIES

### All Breed Dog Obedience Club

Day: Monday  
 Time: 6:30 pm  
 Fee: \$70.00/7 weeks  
 Starts October 9, 2006  
 For more information, call (619) 287-2211.



### Free Play Badminton

Beginner to Advanced. Rackets and birdies on site for check out.  
 Day: Tuesday & Thursday  
 Time: 10:00 am - 1:00 pm



### Inter-Friendship Volleyball

Day: Wednesday & Friday  
 Time: 10:30 am - 2:30 pm Cost: \$1.00



### Co-Ed Adult Softball League

Days: Thursday  
 Leagues forming now, call (619) 235-1129 for cost and availability.

### Women's 30+ Volleyball League

Day: Saturday Games  
 Cost: \$350.00/Team  
 Starts in October, 2006



### Women's 40+ Soccer League

Season begins January 2007. Games on Sunday.  
 For information, Sandy Wheeler  
 cell (619) 392-7377 hm (619)424-7588



### Lake Murray Tennis Club

The Lake Murray Tennis facility has ten lighted courts, a modest club house with a shower, two restrooms, and a pro shop. Family, couples, singles and junior memberships are available. There is nominal fee for non club members. Courts may be reserved in advance. For more information, please call club manager, Dan or Kathy Emmerson at (619) 469-3232.  
 Monday - Thursday 8:00 am - 9:00 pm  
 Friday 8:00 am - 8:00 pm  
 Saturday & Sunday 7:00 am - 8:00 pm

## SENIOR 55+ ACTIVITIES

### Del Garden Sr.

Special meeting, bridge and canasta. Bring a sack lunch.  
 Day: Monday  
 Time: 10:30 am -2:30 pm  
 Fee: \$10.00/year

### Free Body Dynamics

Low impact aerobics, flexibility, and toning. Sponsored by Navajo Adult Education.  
 Day: Tuesday and Friday  
 Time: 7:00 am -9:00 am

## STAFF

Manny Aranda	Area Manager
Carlos Cordova	Center Director
Stacey Cobbins	Grounds Maintenance
Juan Mendez	Grounds Maintenance
Larry Smith	Grounds Maintenance
Mary Beth Ekhamal	Recreation Leader I
Robert Luna	Recreation Leader I
Kyle Meaux	Recreation Leader I

## RECREATION COUNCIL OFFICERS

John Chandler	Chairperson
Jon Lauer	Vice-Chairperson
Mari Jarvis	Treasurer
David Poddig	Corresponding Secretary
Carlos Cordova	Recording Secretary

Meetings are held the 1st Monday, every other month at 7:00 pm.

